

ICSEW proudly presents....

# How to Ignite Energy, Create Motivation and Conquer Stress For Success

## WHO SHOULD ATTEND:

Employees who want to ignite more energy into work projects and personal goals, find motivation to get more done, and create a plan for success.

## WHAT YOU WILL LEARN:

How to conquer procrastination, perfectionism, and self-doubt by discovering your inner energy and motivation and by getting rid of stress.

## Tuesday, August 29, 2006



**The seminar leader, Sandra Smith** is a trainer, motivational speaker and author. Her clients include Department of Labor and Industries, Department of Revenue, Utilities and Transportation Commission, and Department of Health. Each month Aspire Seminars provides training on various topics that include communication, customer service, and leadership and is proud to be sponsored by the Interagency Committee State Employed Women. Sandra is author of *Get What You Really Want Without the Guilt*.

*"Sandra's techniques and the simple tools she shared are working, our employees still talk about the seminar and the positive effect it has had on them."*  
---Lorne Sanford, Regional Administrator, Department of Labor and Industries

## **New Online Registration**

**\*Only \$99! Space is limited! Enroll today!**

## **PROGRAM DATE:**

Tuesday, August 29, 2006  
9:00 am to 4:00 pm

## **LOCATION:**

Lacey Fire Hall – Station 34  
8407 Steilacoom Road SE  
Lacey, WA 98513  
(By Ostrom Mushroom Farm)

This in-demand program is sponsored by ICSEW and is available to all state employees.

## **Three easy ways to register...**

Enroll Online at:  
<http://www.icsew.wa.gov/calendar/default.htm>

Enroll By Phone:  
Amilee Wilson at (360) 902.2856

Enroll By Email:  
Amilee Wilson at [wilsoalw@dfw.wa.gov](mailto:wilsoalw@dfw.wa.gov)

**(\*Please pay \$99 fee before the seminar)**

Mail check to:  
Aspire Seminars  
PO Box 3603, Lacey, WA 98509-3603  
Incorporated Tax ID # 91-2012795



To reach Sandra Smith call (360) 412.4015 or (800) 384.6060. Her email is [sandra@aspireseminars.com](mailto:sandra@aspireseminars.com).